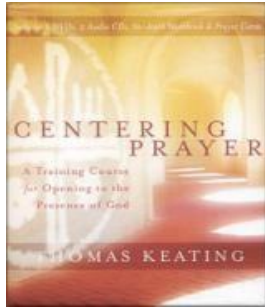


# How Contemplative Outreach Chapters use *Centering Prayer: A Training Course for Opening to the Presence of God* In Groups



*Centering Prayer: A Training Course for Opening to the Presence of God* includes more than nine hours of guidance and teachings on CD and DVD from Fr. Thomas Keating, Gail Fitzpatrick-Hopler and Fr. Carl Arico. The package contains: 6 DVDs (7 hours, 36 minutes), 2 CDs (1 hour, 45 minutes), 1 Study Guide (91 pages).

This document describes additional ways in which Contemplative Outreach chapters can use the Training Course in groups.

## The Centering Prayer Introductory Program

For those new to Centering Prayer, local Contemplative Outreach chapters offer a Centering Prayer Introductory Program that has two parts: an Introductory Workshop and four to six Continuing Sessions. This Training Course can be used as a resource in the Introductory Workshop and the Continuing Sessions.

### The Introductory Workshop

The Centering Prayer Introductory Workshop familiarizes participant with the method of Centering Prayer and its conceptual background and offers two opportunities to experience the prayer. ***“The teaching of the Introductory Course to groups face to face by Contemplative Outreach commissioned presenters remains the first choice . . . Very important to the integrity of the Method of Centering Prayer are the presenters who have interiorized the teaching and who are growing in intimacy with Christ both in prayer and action.”*** (Keating, Thomas, *Integrity of the Method of Centering Prayer*, 2011). The Training Course DVD conference are not meant to replace face to face presentations. They may be used by a facilitator of a workshop when it is not possible to provide a commissioned presenter. Commissioned presenters may use on or two of the DVD conferences if they are presenting alone and find it necessary.

#### **Introductory Workshop Conference Title**

1. Prayer as Relationship
2. The Method of Centering Prayer
3. Thoughts and the Use of the Sacred Word
4. Deepening our Relationship with God

#### **Matching conference in the DVD Training Course**

- Session 2 #1 *Be Still and Know* (20 minutes)
- Session 3, Part one, #1 *Part one: The method of Centering Prayer, The Four Basic Guidelines* (16 minutes)
- Session 3, Part two, #1 *Part Two: Thoughts ad use of the sacred word, The Power of Return* (15 minutes)
- Session 5 #1 *The Fruits of Centering Prayer* (15 minutes)

## The Continuing Sessions

Following the Introductory Workshop, participants are invited to attend four to six Continuing Sessions which provide support, more background and the time needed to establish a personal Centering Prayer practice. The Sessions also include the opportunity to share the initial Centering Prayer experience with others who have made a similar commitment.

Each Continuing Session is led by an experienced facilitator and includes a period of Centering Prayer and group discussion. The first four or all six of the following presentations from the Training Course can be used for the Continuing Sessions.

### **Location in the DVD Training Course**

- |                 |  |
|-----------------|--|
| 1 <sup>st</sup> | Session 2, #2 <i>The Rest of the Story</i> , Carl Arico (15 min)                   |
| 2 <sup>nd</sup> | Session 3, Part One, #2 <i>It all begins by saying "yes"</i> , Carl Arico (17 min) |
| 3 <sup>rd</sup> | Session 3, Part Two, #3 <i>Finding Freedom</i> , Carl Arico (11 min)               |
| 4 <sup>th</sup> | Session 5, #2 <i>The two-armed Embrace</i> , Carl Arico (14 min)                   |
| 5 <sup>th</sup> | Session 6, #2 <i>Consent is the only response</i> , Carl Arico (14 min)            |
| 6 <sup>th</sup> | Session 6, #3 <i>An Interview</i> , Thomas Keating (26 min)                        |

## The Centering Prayer Introductory Workshop in a Retreat Setting

A weekend retreat may allow time for viewing additional presentation from the Training Course. For example, at the end of the Opening Session on night one of the retreat, before the four conferences start the next day, DVD Session 6, #3 *An Interview* with Father Thomas Keating and Tami Simon (26 minutes) could be viewed. The interview includes the importance of the practice of Centering Prayer. Fr. Keating closes with a prayer; after which you may ask participants to depart in silence.

Following the fourth conference of the Introductory Workshop, DVD Session 5, #3 *The Two-Armed Embrace* by Fr. Carl Arico (14 minutes), could be viewed. This presentation sums up the workshop and provides encouragement for continuing with the practice of Centering Prayer.

## Group Enrichment

For experienced Centering Prayer practitioners, the remaining talks in the DVD set can be used for on-going prayer groups or chapter enrichment programs. It is recommended to reserve the talks by Fr. Thomas until group members have established a Centering Prayer practice. Refer to the Appendix for a complete list of the DVD contents.

## Contacts

Contact Information: [office@coutreach](mailto:office@coutreach) or 973.838.3384.

Appendix: DVD Content List

Session	Title	Presented By	Time
<b>Session 1</b>	<b><i>The Ultimate Reality</i></b>	<b><i>Father Thomas Keating</i></b>	<b>79 min</b>
	1. The Great Mystery		16 min
	2. The revelation of God		14 min
	3. The Inner Room		15 min
	4. Listening at the Level of Being		15 min
	5. Service: Unifying Prayer and action		19 min
<b>Session 2</b>	<b><i>Prayer as Relationship</i></b>		<b>64 min</b>
	1. Be still and know (Intro Conference 1)	Gail Fitzpatrick-Hopler	20 min
	2. The rest of the story	Father Carl Arico	15 min
	3. The indwelling spirit	Father Thomas Keating	30 min
<b>Session 3</b>	<b><i>Practicing Centering Prayer</i></b>		<b>59 min</b>
	Part one: The method of Centering Prayer		
	1. The Four Guidelines (Intro Conference 2)	Gail Fitzpatrick-Hopler	16 min
	It all begins by saying “yes”	Father Carl Arico	17 min
	Part two: Thoughts and use of the sacred word		
	2. The power of the return (Intro Conference 3)	Gail Fitzpatrick-Hopler	15 min
	3. Finding Freedom	Father Carl Arico	11 min
<b>Session 4</b>	<b><i>The Human Condition</i></b>	<b><i>Father Thomas Keating</i></b>	<b>95 min</b>
	1. Return to the Source		20 min
	2. The human family is one		17 min
	3. The development of the false self		17 min
	4. The seven moments of Centering Prayer		28 min
	5. The evolution toward oneness		12 min
<b>Session 5</b>	<b><i>Deepening Your Relationship with God</i></b>		<b>77 min</b>
	1. The Fruits of Centering Prayer (Intro Conference 4)	Gail Fitzpatrick-Hopler	15 min
	2. The two-armed embrace	Father Carl Arico	14 min
	3. The Future of inter-spiritual relationship	Father Thomas Keating	48 min
<b>Session 6</b>	<b><i>A Lifelong Journey</i></b>		<b>65 min</b>
	1. The basic core of goodness	Gail Fitzpatrick-Hopler	24 min
	2. Consent is the only response	Father Carl Arico	15 min
	3. An interview	Father Thomas Keating	26 min